

Division of Developmental Disabilities Services
Community Services

College of Direct Support
Assist with Self-Administration of Medication Module
Lesson Reviews

Lesson 1

Direct Support Roles in Medication Support

Lesson Review:

- Medication support is a serious responsibility. Mistakes can be harmful or even fatal.
- Include herbals, nutritional supplements, and over-the-counter medications in your discussions with health care professionals. You also need to keep an updated health history which includes drug sensitivities, health issues, and special circumstances.
- Using good habits such as asking questions, discarding outdated medications, and following directions as recommended can reduce unnecessary problems and errors.
- Communication happens face-to-face and through documentation. Having a current health and medication history to take to every appointment makes communication easier and more effective.
- People react differently to the same medication. Elderly people, children, people with certain disorders, and people who take multiple medications are at higher risk for a variety of reactions. You need to know the specific needs of the persons you support.

Lesson 2

Medication Basics

Lesson Review:

- People take a variety of medications, herbals, remedies and supplements. They take them to treat illness and medical conditions. They take them to prevent illness and medical conditions. People also use preparations to enhance their quality of life.
- All preparations can have serious effects on the body. Follow directions on medication, herbals, and nutritional supplements. It is possible to overdose or do other harm if these preparations are misused. Find out if you need a written doctor's order before using these preparations in the support setting.
- The five rights of medication administration include: 1. Right Person; 2. Right Medication; 3. Right Time/Date; 4. Right Dose; and 5. Right Route/Preparation/Technique.
- Having a health and medication history helps to ensure all important information needed by health care practitioners is available in one document. This will help prevent problems with medications.
- Document any problems with medications on the Health and Medication History form. The more complex a person's disabilities the more carefully you will need to monitor for problems.

- Traveling and leaving home make medication errors more likely. It's important to be organized, flexible, and careful in keeping track of medications during these times.

Lesson 3

Working with Medications

Lesson Review:

- Ensuring that the five rights of medication are completed without error usually includes two steps: 1) setting up good systems of tracking and organizing medications, and 2) using care at the point of administration.
- Prescription labels have many items on them that are not related to the five rights. These may be important for other reasons but you must be able to find the five rights and any special directions before assisting with the medication.
- It's important to be familiar with active and inactive ingredients in over-the-counter medications. Avoid taking two medications with the same active ingredients. Be sure that all ingredients are safe for the person taking the medications.
- Pharmacists can be a good source of information about medications. This includes over-the-counter medications and other non-prescription preparations.
- Storage, hygiene, and destroying unusable medications are all part of the overall responsibility of making sure medications are safe and effective.

Lesson 4

Administration of Medications and Treatments

Lesson Review:

- A medication administration record (MAR) is often required in support settings. The MAR summarizes all medications. It helps ensure medications are given as directed. It also serves as a record of administration.
- Remember to plan ahead and stay organized. This will help reduce the likelihood of errors.
- The medication "Triple Check" is reviewing the label for the five rights of medication administration three times, before the medication is administered. The three times include: 1. Just as you pull the medications out of the storage area. 2. When you are getting ready to prepare the dose. 3. Just before administering the medication or as you are storing the medication container.
- Several general procedures for many medications were described in this lesson, including: Always check the label and make sure you are giving medications correctly.
- Help people understand the risks and benefits of medications and the consequences of refusing medications as well as recording the response to people's refusal and misuse of medications.

Lesson 5

Follow-up, Communication, and Documentation of Medications

Lesson Review:

- Direct support professionals must communicate with others regarding medications. One important form of communication is written documentation.
- Direct support professionals must communicate about regular and routine situations as well as unexpected situations.
- The purpose of communicating with others is to: 1. Make sure the person is safe and comfortable; 2. Make sure others know about the situation as appropriate; and 3. Make sure you are in compliance with the regulations and other requirements.

Lesson 6

Using Medication References

Lesson Review:

- Sources of information include: preparation packaging and product inserts, books regarding medications, and Internet access.
- Each type of resource or reference has both benefits and limitations. It's important to try to find a reputable source and understand the purpose of the information.

Lesson 7

Assistance with Self- Administration of Medication

Lesson Review:

- Review of the DDDS Assistance with Self-Administration of Medication Policy.